

June 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	POOL CLOSED on Mondays	1 FIRST DAY OF CLASSES	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	POOL CLOSED on Mondays			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Free Swim	16 Free Swim	17
18	19	20	21	22	23	24
25	26	27	28 LAST DAY OF CLASSES	29	30	31

Making Waves! ACPR Aquatic Exercise Program 2021

Morning Aquatic Exercise Class Time: 8AM

Afternoon Aquatic Exercise Class Time: 12PM

Aquatic Exercise Instructor: Corley R. Holt

- ◇ \$20 Per Person Covers June & July
- *Sign Waiver and Pay at the Pool (TUES-FRI)
- *Waivers at Pool or Senior Activity Center
- ◇ Class Duration 30-45 Minutes
- ◇ Wear Appropriate Swimwear
- ◇ Drink Water Before and After Class
- *During Class as Needed
- ◇ Enter and Exit Pool in a Timely Manner
- ◇ During Class—"Do What You can Do!"
- *Remember that doing something is better than nothing*
- ◇ Pool Contact Number: 256-397-0853
- *Call the Pool for Weather Concerns or Updates
- ◇ Pool is Closed on Mondays-*CLASSES Tues/Wed/Thurs/Fri*
- ◇ See Calendar for Free Swim Days
- *You are Always Welcome to Come Swim & Relax-No Instructed Group Class
- ◇ Limited Equipment— First Come, First Serve
- ◇ Exercise Instructor or Pool Manager will ask disruptive or disrespectful participants' to leave as needed.